

My Life My Health My CHOICE

年報 2018 Annual Report



再思社區健康組織
Community Health Organisation for
Intervention, Care and Empowerment

目錄

CONTENTS

- 2 主席獻辭
Message from Chairperson
- 4 組織架構
Organisational Structure
- 6 再思之旅
Milestones
- 8 背景及使命
Background & Mission
- 9 再思服務
Community Services
- 19 財務撮要
Summary Financial Report
- 23 服務使用者留言
Messages From Service Users
- 24 活動花絮
Activities Tidbits
- 28 鳴謝
Acknowledgement
- 31 支持我們
Support Us

主席獻辭 Message from Chairperson

拇指世代的公共衛生

走過了2018，C.H.O.I.C.E.便進入十七周年了。

2018年是忙碌而豐盛的一年。我們今年在各項活動中，提供了約1800個愛滋病毒及梅毒抗體測試，在七百五十多次社區及網上外展中，接觸人次多達二十六萬。

C.H.O.I.C.E.多年一直致力於愛滋病預防，項目對象包括性工作者及其顧客、男男性接觸者、以至濫藥及其他高危社群。近年，我們因應香港流行病學的走勢，陸續發展了不少年青人的項目，既強化了以中心為本的活動 (Centre-based Activities)，亦以社區及網上外展，配合手機應用程式和社交媒體，接觸更廣泛的年青人群。C.H.O.I.C.E. 在 2017 年以 Linkage of PLHIV to Care強化了一系列社交媒體主導的宣傳，並將於 2019 年正式起動 E-Check (Easy-Check) 「依時測」項目。

在 2018 年，我們繼續舉辦以愛滋病為主題的學術研討會。很榮幸邀請了香港衛生署衛生防護中心總監黃加慶醫生作為主禮嘉賓；此外，還有聯合國愛滋病規劃署的中國總監 Ms Amakobe SANDE，分享全球愛滋病控制的進展，也有泰國紅十字會的 Dr Reshmie Ramutarsing 分享了泰國當地使用PrEP的服務及現況。本地專家講者包括衛生署特別預防計劃顧問陳志偉醫生，精神健康基金會主席劉英傑醫生，九龍醫院精神科副顧問王萬德醫生，衛生署衛生防護中心特別預防計劃顧問陳志偉醫生，瑪嘉烈醫院特別內科顧問曾德賢醫生及伊利沙伯醫院林緯遜醫生；會議中對專業議題有熱烈的討論。會議的成功是令我們感到十分欣慰和鼓舞的。

就如我們的主禮嘉賓Ms SANDE 在會上強調的，聯合國愛滋病規劃署在 2014 年為全球的「愛滋病治療和護理流程」(HIV Treatment and Care Cascade)訂下了2020年的目標，就是「90-90-90」：「第一個90」是90%的感染者了解自己的感染狀況，「第二個90」是90%了解自己狀況的人得到適切治療，而「第三個90」是90%得到治療的人能有效抑制體內的病毒。

世界各國要達到「90-90-90」這個宏大的目標都有一定差距，根據2015年香港衛生署特別預防計劃的估計，香港的情況是「76-84-92」，即每100個受感染人士，只有76個了解自己感染愛滋病狀況。要知道在「愛滋病治療和護理流程」中若失落了一個感染者，就是錯失一個可以治療的寶貴機會了。若要改善現況，香港社會便要重新檢視從愛滋病患者出發的經驗旅程，從而接觸沉潛的患者。

現世代的年輕人不少是「網絡原居民」(Digital Natives)，亦即所謂的「拇指世代」(Thumb Generation)。他們往往是在網絡使用活躍，但在醫療服務使用中卻沉潛的年青人，也成了公共衛生不容易掌握的族群(Hard-to-reach Population)。

其實，環觀全世界的公共衛生體系，都有為網絡原居民貼身訂造的項目。其中，在美國、荷蘭、澳洲、加拿大等等國家，也已經發展了醫療體系直接把性病/愛滋病的快速測試送到網民家中自行測試，並成功涵蓋更多高危族群。

回顧我們發展的歷程，C.H.O.I.C.E. 早在 2002 年便開始了社區外展，並在 2006 年發展社交媒體外展。隨着社會變化，社交媒體外展已經成為主要接觸服務者的渠道。

我們在2017年開展了為期兩年的「連扣工程」(LINKage of PLHIV to Care)，以社交媒體為作宣傳，並首次與香港知專設計學院的大專學生合作，由他們自編自導自演，表述了截然不同、新穎獨特的預防訊息。這個項目在2018年圓滿結束，當中機構也增強了在社交媒體宣傳的能力、技巧及網絡。

2018年我們再接再厲，與衛生署社會衛生科及香港中文大學合作，推行了全港首個免費及自助的家居性健康測試項目 - 「快遞自助檢測 - 愛滋病病毒及性傳染病」(eChatiCheck)。

展望2019年，C.H.O.I.C.E. 的 Easy-Check 「依時測」會再進一步發展，以網絡接觸高危族群，並把測試工具送到他們家中。屆時服務使用者也可以選擇在中心及網上購買測試回家使用，進一步提高項目的靈活性。我們期待減低性病/愛滋病測試的標籤，鼓勵高危族群接受測試，另一方面則以我們優秀的輔導技巧，鼓勵社會上沉潛的患者接受治療。

C.H.O.I.C.E. 雖然是小小的非政府組織，但是我們有高瞻遠矚的氣魄，也是不少全港項目的先行者。我們多年誠懇實務的事奉，也能做到生命影響生命，這是令我們足以自豪的。

去年的這個時間，我們得到香世傑先生的幫助，擔任 C.H.O.I.C.E. 董事會主席，並以他豐富的管理及財務經驗，令 C.H.O.I.C.E. 有不少實質的改善，今年他功成身退，打算以更多時間投身大學教育，在這裏感謝他對 C.H.O.I.C.E. 的貢獻，並祝福他有更豐盛的人生。

在開週年大會之後，我又重新擔任主席一職，心裏特別感謝在 C.H.O.I.C.E. 的董事會長期對我的信任。能與這樣一個專業的團隊繼續不分彼此的共事，實在是我的榮幸。期待在新的一年里，與大家一起，大步向前邁進。

尹慧兒醫生

組織架構 Organisational Structure

董事局 Board of Directors



主席 Chairman
香世傑先生
Mr. Heung Sai Kit Louis



副主席 Vice-Chairperson
尹慧兒醫生
Dr. WAN Wai Yee



秘書 Secretary
湯德輝先生
Mr. TONG Tak Fai



財務 Treasurer
甘啟文教授
Prof. KAM Kai Man Joseph



何文勝博士
Dr. HO Man Sing

董事局 Board of Directors



創辦人	何碧玉女士 譚美儀女士	Cofounders	Ms. Ho Pik Yuk Shara Ms. Tammy Gautier
贊助人	蔡元雲醫生	Patron	Dr. Choi Yuen Wan
董事局	香世傑先生 (主席) 尹慧兒醫生 (副主席) 湯德輝先生 (秘書) 甘啟文教授 (財務) 何文勝博士	Board of Directors	Mr. Heung Sai Kit Louis (Chairman) Dr. Wan Wai Yee (Vice-Chairperson) Mr. Tong Tak Fai (Secretary) Prof. Kam Kai Man Joseph (Treasurer) Dr. Ho Man Sing
顧問局	何景文醫生 劉德輝教授 吳錦祥醫生 冼日明教授 尹志強先生	Advisory Board	Dr. Ho King Man Prof. Lau Tak Fai Joseph Dr. Ng Kam Cheung Stephen Prof. Sin Yat Ming Mr. Wan Chi Keung Aaron
義務核數師	廖建平會計師事務所	Hon. Auditor	Alcott Liu CPA Limited
義務律師	馬致聰先生	Hon. Lawyer	Mr. Ma Chi Chung Ronald

再思之旅 Milestones

年度 Year	
2002	<p>再思成立，為一所由義工主導的非牟利慈善機構，並展開性服務業的外展服務。</p> <p>C.H.O.I.C.E. established as a charitable non-governmental, volunteer-based organisation on 14th Aug 2002, and started reaching out to the local sex industry to provide outreach services.</p>
2003	<p>再思為本港首間為性工作者及其顧客提供梅毒及愛滋病毒抗體快速測試的非牟利機構。</p> <p>C.H.O.I.C.E. became the FIRST Hong Kong-based organisation to provide RAPID Syphilis and HIV antibody test for sex workers and their clients.</p>
2004	<p>與香港中文大學合辦「香港女性性工作者及其顧客生理健康及行為研究」。</p> <p>與衛生署紅絲帶中心合辦外展活動 - 「驕陽計劃」。</p> <p>Conducted a community study on female sex workers and their clients' physical health and behaviors in collaboration with the Chinese University of Hong Kong.</p> <p>Launched an outreach project "Project Sunny" with Red Ribbon Centre, Department of Health.</p>
2005	<p>關注青少年跨境濫用藥物問題，開展邊境外展服務。</p> <p>C.H.O.I.C.E. showed concern about the problem of cross-boundary substance abuse for youth, and started offshore outreach.</p>
2006	<p>開展首個為年青男男性接觸人士社群而設的策略性網上干預服務。</p> <p>在香港愛滋病顧問局推動下，成為「性工作者及其顧客群組」的評估及政策策劃召集人。</p> <p>Launched the FIRST strategic internet intervention programme for the young men who have sex with men (MSM) community.</p> <p>C.H.O.I.C.E. became the convener to plan and evaluate the policies catering for sex workers and their clients propelled by Hong Kong Advisory Council on AIDS.</p>
2007	<p>與香港中文大學合作，為懷疑感染或已感染性病的婦女開展輔導干預計劃。</p> <p>Launched a counselling programme with the Chinese University of Hong Kong for females who were (or suspected to be) infected with STIs.</p>
2008	<p>擴展性病及愛滋病毒抗體測試服務予男男性接觸人士。</p> <p>Started providing voluntary STI/ HIV testing and counselling service for the MSM community.</p>
2009	<p>擴展健康促進計劃至大眾。與香港大學持續進修學院及香港戒毒會合辦「到校教師培訓課程」，增強教師有關禁毒的知識。</p> <p>Health promotion and education were further spread among public. C.H.O.I.C.E. launched an anti-drugs training programme for teachers in collaboration with the HKUSPACE and the SARDA to empower teachers on knowledge of drug abuse.</p>
2010	<p>開展為青少年、家長及教師而設的「健康人生活動」計劃。</p> <p>Introduced the "LiFE CHOICE programme" which is offered for the well being of youth, their parents and teachers.</p>

年度 Year	
2011	<p>舉行世界愛滋病日活動 — 「仁心妙韻」粵曲演唱會，向長者傳遞預防訊息。</p> <p>Conducted a Cantonese Opera on the World AIDS Day to deliver HIV prevention information to elderly.</p>
2012	<p>「姊妹關懷行動」榮獲蘋果日報慈善基金頒發「出色服務獎」。</p> <p>"SHE Project" was awarded "The Outstanding Service" by the Apple Daily Charitable Foundation.</p>
2013	<p>開設「DIY夢工場」，鼓勵婦女可有新的工作技能。</p> <p>Established the "DIY Handicrafts Workshop" to equip women with new life skills.</p>
2014	<p>開展「男同志綜合禁毒服務計劃」，為男同志提供連貫性的預防濫藥服務。</p> <p>與香港中文大學合作，進行針對男男性接觸者的自我檢測(家居)測試及網上輔導的研究。</p> <p>Launched an "Integrated Anti-drug Service Scheme for Gay population" to provide a series of coherent anti-drug services.</p> <p>In collaboration with the Chinese University of Hong Kong, we initiated a randomized controlled trial to evaluate the efficacy of promoting home-based HIV testing with online counselling on increasing HIV testing among men who have sex with men.</p>
2015	<p>創立名為「珍珠社企」的社會企業，邀請服務使用者製作不同的手工藝品及首飾。</p> <p>Launched a social enterprise, the "Pearl Project", to engage service users in making different handicrafts and accessories.</p>
2016	<p>舉辦「愛滋病研討會：愛滋病預防及治療」，邀請了10名本地、內地及國際的愛滋病專家作出分享。</p> <p>C.H.O.I.C.E. organized "HIV/AIDS Conference: Emerging Issues in HIV/AIDS Prevention and Treatment" and assembled a panel of 10 local, mainland and international experts to share their views on HIV/AIDS issues.</p>
2017	<p>開展新的愛滋病病毒感染者關懷計劃 - 「連扣工程」，為感染者提供多元化的身心健康支援服務。</p> <p>C.H.O.I.C.E. spearheaded the "LINKage of PLHIV to Care" Programme for people living with HIV (PLHIV), with a view to providing them with diverse and multi-faceted mental and physical health support services.</p>
2018	<p>開展全港首個免費的「快遞自助檢測 - 愛滋病病毒及性傳染病」，鼓勵年輕群組接受性健康檢查。</p> <p>Launched the first HIV and STI tests by post "eChatiCheck" which provides free and confidential sexual health services to encourage the young generation to receive checks.</p>

背景及使命 Background & Mission

再思社區健康組織（簡稱「再思」）成立於2002年8月，是專注推廣疾病預防的非政府社會服務機構。本會堅信任何的人生階段，都可以有選擇，生命也可改變，故機構的英文定名為「C.H.O.I.C.E.」，中文名為「再思」。我們一直致力推廣「促進健康、預防疾病」的訊息，鼓勵公眾加強對健康生活的認識，從而養成良好的生活模式，建立健康社區。成立至今，我們因應社會的需要，不斷改進服務的內涵和對象，由初期主要為高危社群提供服務，擴展到青年群組及公眾。

現時本會為香港愛滋病服務機構聯盟的會員。另外，董事湯德輝先生及總幹事何碧玉女士獲香港愛滋病顧問局委任為委員之一，就有關香港預防、治理及控制愛滋病病毒感染及愛滋病的政策，向政府提供意見，並就有關協調及監測預防愛滋病病毒感染規劃及香港受愛滋病病毒感染/患愛滋病的人士提供服務方面提供意見。

The Community Health Organisation for Intervention, Care and Empowerment (C.H.O.I.C.E.) was established in August 2002. It is a non-governmental social service organisation which focuses on promoting disease prevention and health promotion. The name "C.H.O.I.C.E." comes from our conviction that there are choices in every stage of life, and that life can be changed and made better. We are dedicated to promoting health and disease prevention and enhancing public awareness towards healthy living and lifestyle for the good of the community in Hong Kong. Since the establishment of C.H.O.I.C.E., we have been improving our services in response to the changing social needs. We have extended our services from vulnerable groups identified as high-risk communities to teenage groups and the public.

Currently, C.H.O.I.C.E. is a member of the Hong Kong Coalition of AIDS Service Organizations (HKCASO). Our Director, Mr. Tong Tak Fai Edmond and our Chief Executive Officer, Ms. Shara Ho, have been appointed as the committee members for the Hong Kong Advisory Council on AIDS (ACA) to advise Government on policy relating to the prevention, care and control of HIV infection and AIDS in Hong Kong and to advise on the co-ordination and monitoring of programmes on the prevention of HIV infection and the provision of services to people with HIV/AIDS.

使命 Our Mission

本會致力推廣社區關懷、將健康訊息遍佈社區及建立正向人生態度。

我們鼓勵服務使用者發揮自助互助的精神，透過社群參與及義務工作，從而建立一個關愛包容的社會。

We strive to promote care, healthy lifestyle and positive attitude in the community. Through community engagements and volunteer works, we empower our service users to build a mutually supportive and caring society.



再思社區健康組織一直致力於推行愛滋病及性病的預防工作、推廣性健康及支援弱勢社群，並以「促進健康，全人發展」為主題，培育年青新一代。在2018年，我們繼續推行多項公共健康計劃，包括「愛之平台—高危行為干預、測試及跟進」、「綜合預防及治療服務計劃」、「健康人生活動計劃」、「連扣工程」等，為不同的社群提供適切的服務。同時，為鼓勵年輕群組定期接受性健康檢測，我們開展全港首個免費的「快遞自助檢測—愛滋病毒及性傳染病」，讓他們可在私密環境進行自我檢驗。

C.H.O.I.C.E. is committed to providing a spectrum of Sexually Transmitted Infections (STIs) and Human Immunodeficiency Virus (HIV) prevention services, sexual health promotion and supporting services catered for different vulnerable groups. It also aims at rendering life skill training to children and youth in accordance with the main theme of "health promotion and holistic development". Various public health projects have been implemented in 2018 for different members in the community, including "A Platform for HIV/AIDS Prevention, Test and Support", "Integrated Anti-Drug Service", "LiFE CHOICE Programme" and "LINKage of PLHIV to Care" Programme, alongside other projects and initiatives. Meanwhile, to encourage the young generation to receive sexual health tests on a regular basis, we have launched the first free HIV and STI tests by post "eChatiCheck" in Hong Kong so as to allow them a private environment to conduct self-tests.

「愛」之平台 - 高危行為干預、測試及跟進服務 A Platform for HIV/AIDS Prevention, Test and Support

由愛滋病信託基金贊助，本會為高危社群提供愛滋病和性病的預防及支援服務，包括：社區和網上外展、性病快速測試及輔導等。另外，我們亦舉行公眾教育活動，提高社區預防疾病的意識。

This programme is sponsored by the AIDS Trust Fund. C.H.O.I.C.E. provides HIV and STIs prevention, testing and follow-up services for the high-risk communities. Services include outreach sessions, voluntary testing, counselling, etc. In addition, we also launch publicity campaigns to raise the public's awareness towards disease prevention.

快速測試及輔導

自2003年起，本會為有需要人士提供免費、匿名及保密的快速測試及輔導服務，包括：愛滋病毒、梅毒等快速檢測，讓接受測試者了解自己的身體狀況，並得到相關的健康資訊，及早預防或接受治療。在2018年，我們為超過1800人次提供愛滋病毒、梅毒及其他性病檢測。

Rapid Testing and Counselling

Since 2003, C.H.O.I.C.E. has been providing free and anonymous testing and counselling services, which include HIV antibody test and Syphilis antibody test. We aim to allow members of high-risk communities to be aware of their health status, provide them with healthcare information, and prepare them for prevention and/or early follow-up treatment. In 2018, we conducted HIV, Syphilis and other STIs antibody tests for more than 1800 people.

外展服務

自2002年起，本會已提供逾十五年的外展服務，包括針對不同社群而設的社區及網上外展。

Outreach Service

Since its establishment in 2002, C.H.O.I.C.E. has been providing outreach services for more than 15 years, including Community Outreach and Internet Outreach for different communities.

目標：

- 1) 增加社群對愛滋病和性病的正確知識
- 2) 糾正社群對愛滋病毒和性病感染的錯誤認知
- 3) 鼓勵定期接受性傳染病檢查和避免自行用藥

Objectives:

1. Educate them with the knowledge of HIV/AIDS and STIs prevention
2. Correct their misunderstandings on HIV/AIDS and STIs infection
3. Encourage them to undergo HIV and STIs screening test regularly and avoid self-medication



社區外展

本會定期到訪服務使用者聚集的地方，主動向他們宣傳預防疾病的健康訊息、免費派發安全套及潤滑劑，並提供性病快速測試及輔導。

在2018年，我們展開了270多次外展服務，接觸超過6萬人次，並派發了超過9萬個安全套、6萬7千多個潤滑劑及近6萬份宣傳品。

網上外展

本會提供網上支援服務，為網絡使用者解答對性健康的疑問，並提供輔導及支援，以紓緩他們的不安和焦慮情緒。

另外，我們在不同的網絡社交平台及手機交友程式開設專頁和官方帳號，不時張貼愛滋病、性病及其他健康議題的文章，為網絡使用者提供多元化的健康資訊。

在2018年，我們展開了超過430節的網上外展服務，接觸人次近20萬。

公眾宣傳活動

為提高公眾對愛滋病及性病的認識，本會舉行一系列的公眾宣傳活動。我們在公眾場所、大專院校等設置街站，派發安全套和教育單張，並向公眾人士及年輕群組宣傳與愛滋病和性病相關的資訊，例如：傳播途徑、預防及香港的感染情況等。

Community Outreach

C.H.O.I.C.E. makes regular visits to identified assembling places of our target service users to promote disease prevention, deliver healthcare information, distribute free condoms and lubricants and provide on-site HIV, Syphilis and other STIs testing and counselling.

In 2018, we conducted more than 270 outreach sessions, engaging more than 60,000 individuals and distributed more than 90,000 condoms, 67,000 packs of lubricants and 60,000 sets of promotional collaterals.

Online Outreach

C.H.O.I.C.E. provides online support service by answering enquires about HIV and STIs, and providing them with counselling service to alleviate their stress and anxiety.

In addition, C.H.O.I.C.E. has set up accounts and official pages in different social media platforms and mobile applications, where we will post information relating to HIV, STIs and other health issues so as to provide internet users with diverse healthcare information.

In 2018, we conducted more than 430 online outreach sessions, reaching around 200,000 people.

Publicity Campaigns

To enhance the public's awareness towards HIV/AIDS and STIs, we have launched a series of publicity programmes. We set up stalls in public areas and tertiary institutions to distribute condoms and educational collaterals to the public and youngsters, educating them about HIV and STIs related information, including but not limited to routes of transmission, prevention and infection rate in Hong Kong.



「快遞自助檢測 – 愛滋病毒及性傳染病」

“eChatiCheck” – Free HIV and STI Tests by Post Service

本會與香港衛生署社會衛生科及香港中文大學醫學院合作，以互聯網及郵遞的方式，為25歲或以下的年輕群組提供免費的愛滋病毒及性傳染病自我檢測服務，讓他們可以在私密的地方自行檢驗，從而鼓勵年青人定期接受性健康檢查。本會會透過互聯網及電話的方式，提供檢測支援及健康諮詢。如發現受感染，將會轉介感染者到相關的診所作進一步的跟進及治療。

In collaboration with the Social Hygiene Service of the Department of Health and the Faculty of Medicine of the Chinese University of Hong Kong, C.H.O.I.C.E. delivers free HIV and STIs self-test kits to the young generation aged 25 or below by way of online contact and post service, so that they can conduct self-tests in a private environment. It aims at encouraging the young generation to receive sexual health checks on a regular basis. We provide self-test support and healthcare consultation service online and by telephone. If test result reveals infection, we will refer the client to the relevant clinic for follow-up and treatment.

宣傳刊物

本會定期製作及派發不同的宣傳刊物，以增加各社群對性健康、性傳染疾病的認識，並提高他們預防疾病的意識。在2018年，我們派發了近6萬份宣傳刊物。

Promotional Collaterals

C.H.O.I.C.E. promotes sexual health and offers information on HIV/AIDS and STIs through distributing various promotional collaterals. We hope to enhance the public's awareness of infection prevention. In 2018, we distributed around 60,000 sets of promotional materials.

彩虹日

每個星期六為本會的「彩虹日」。當天會開放予男同志使用，為他們提供一個暢所欲言的交流平台。我們亦會定期舉行不同類型的活動，如桌上遊戲、戶外活動、無火煮食活動等。除了推廣健康生活訊息外，我們希望透過一系列的活動及經歷分享，加強男同志之間的交流，並協助他們提升自我形象。

Rainbow Day Activities

Every Saturday is designated as the "Rainbow Day", on which C.H.O.I.C.E. center is open for the gay population. It provides a platform for them to interact and establish rapport with each other. We organize different activities regularly, for example, board game contests, outdoor activities and flameless cooking class etc. Through a series of games and experience sharing, we aim to enhance the interactions between them, promote healthy living and help them build up confidence and self-esteem.



連扣工程 LINKage of PLHIV to Care

愛滋病病毒感染者在患病後，身體及心理上難免會出現不同的變化，有些甚至影響到他們的日常生活及治療情況。本會獲葛蘭素史克支持，在2017至2018年開展了為期兩年的感染者關懷計劃 - 「連扣工程」，為他們提供多元化的身心健康支援服務。

After HIV infection, infected persons will invariably experience physical and mental challenges, some of which may even affect their daily lives and treatment. Sponsored by GlaxoSmithKline(GSK), C.H.O.I.C.E. launched the two-year care programme "LINKage of PLHIV to Care" to provide people living with HIV (PLHIV) with diverse physical and mental health support services.

輔導及互助小組

本會為愛滋病病毒感染者提供個案輔導，協助新確診感染、受情緒困擾或用藥出現困難的感染者正面地處理情緒和壓力，並適應定時服藥的習慣及藥物的不良反應，有需要時可提供伴侶輔導服務。另外，我們定期舉行感染者互助小組活動，讓他們於朋輩間互相支持，實踐健康生活。

Counselling and Poz Group

C.H.O.I.C.E. provides counselling services to assist the newly diagnosed, the emotionally troubled and the ones who experience difficulties with medication with emotional and stress management, and help them adapt to medication and the associated side-effects. We would also provide counselling services for their partners whenever necessary. In addition, we will have Poz Group gatherings regularly to allow mutual support between peers and encourage them to put healthy living into practice.

多元化資訊平台

針對懷疑受感染人士及感染者的群組，本會設立了一系列的多元化資訊平台，包括：資訊性網站、網上風險評估及問答區、社交平台專頁、短片、正向生活公眾宣傳活動等。服務使用者可以透過這些平台，得到更多相關的資訊，從而積極面對治療及重返健康人生。

Diverse Information Portals

To cater for the infected and those who suspect infection, we have set up a series of information portals, including informational websites, online risk assessment and Q&A forum, social media page, videos and positive living public promotion campaigns. Service users can access relevant information through these information portals so as to gain confidence on treatment and to pick up their healthy life.

綜合健康檢查

本會提供綜合健康檢查服務，除了愛滋病病毒及梅毒快速測試外，也為愛滋病病毒感染者提供CD4淋巴細胞、結核測試及其他性病篩查，讓他們更進一步了解自己的身體狀況，從而安排更適切的支援服務。

Consolidated Health Check

C.H.O.I.C.E. provides consolidated health checks. In addition to HIV and Syphilis rapid tests, we also provide infected persons with CD4 lymphocyte test, Tuberculosis (TB) test and other STI screening tests for them to further understand their health status and to arrange more appropriate support services to them.

綜合預防及治療服務計劃 Integrated Anti-Drug Service

本會獲禁毒基金撥款，開展為期三年「綜合預防及治療服務計劃」，為男同志社群提供預防濫藥工作及戒毒輔導服務。本會採用「外展」形式的服務，包括社區外展和網上外展，透過各類型的社交平台，主動接觸男同志社群及濫藥人士。同時，本會透過個案輔導和不同的預防性及治療小組，增加男同志的預防意識及提升處理濫藥問題的動機，發揮正面的影響。如有需要，我們可為濫藥人士提供精神科轉介及治療。至於「朋輩輔導員」培訓活動，透過建立朋輩支援網絡，宣傳正向健康人生。

此外，為配合資訊科技發展，本計劃會定期更新手機應用程式「CJUB」和製作抗毒短片，宣揚有關資訊，藉以增加社群的共鳴，一同抗毒。



We were again awarded funding from the Beat Drugs Fund for a 3-year furtherance of the "Integrated Anti-Drug Service". The scheme provides the gay population with drug prevention and drug-quitting counselling services. This scheme envisages a wide scope of service. We adopt "outreach" as our mode of service. We conduct both community outreach and online outreach. Through different social platforms, we actively get in touch with the gay population and individuals who abuse drugs. In the meantime, through case counselling and different preventive and therapy groups, we try to enhance the awareness of the gay population towards drug abuse, and to elevate their motivation in dealing with the problem of drug abuse. If required, we could provide mental health consultation referral and intervention. Peer counsellors also serve to expand the service users' peer network, within which healthy living is promoted. In addition, in view of the information technology development, we would update the mobile app "CJUB" on a regular basis and produce anti-drug videos. They serve to promote the relevant anti-drug information, and call for a consensus within the community to beat drugs together.

手機應用程式
Mobile Application
CJUB



Available on the iPhone
App Store



ANDROID APP ON
Google play

姊妹關懷行動 SHE Project

「姊妹關懷行動」是為從事性服務業的女性及青少年而設，除了定期的社區及網上外展之外，本會提供不同的支援服務，進一步關顧她們的身心健康。

The “SHE Project” is specifically designed for female sex workers and teenage girls who provide sex service. In addition to regular community and online outreach, we provide different services in support of their mental health and well-being.

健康資訊台

本會關心服務使用者的健康，故定期在多個社交平台張貼不同的健康資訊，內容包括：性病/愛滋病、精神健康、婦女健康等。此外，我們也不時張貼親子關係、感情管理、理財等資訊，為服務使用者打造多元化的資訊平台。

Healthcare Information Channel

C.H.O.I.C.E. is concerned with the well-being of our service users. As such, we publish various healthcare information on different social media and platforms, including healthcare information on STIs/HIV, mental health and women's health. Further, we also publish information on parent-child relationship management, relationship management and financial management from time to time to provide a multi-faceted informational platform to our service users.

情緒支援服務

部分女性性工作者表示因照顧家庭、管教子女、親子關係等各種問題而產生不少壓力及情緒困擾，難以紓緩。因此，本會為有家庭及親子壓力的性工作者提供支援，協助她們紓緩情緒壓力，並尋找解決方法。

Emotion Support Service

Some of the female sex workers suffer from tremendous pressure and emotional distress arising from their families and children. In view of it, C.H.O.I.C.E. provides support for those who have family and children by assisting them to relieve their pressure and helping them search for solutions.

藝術治療工作坊 – 畫出有話兒

本會為女性服務使用者舉辦了名為「畫出有話兒」的心理健康工作坊，透過藝術治療及正向心理學，提高她們的自我認識，學習如何有效地表達內心想法，並培養她們的正向思維以應付生活中的逆境。

Art Therapy Workshop

C.H.O.I.C.E. holds the Art Therapy Workshops for female sex workers. Through art therapies and positive psychology, they could understand themselves better, be able to express themselves more effectively and cultivate their positive thinking as so to cope with adversities.

健康人生活動計劃 LiFE CHOICE Programme

「健康人生活動」計劃主要為青年、家長、教師和健康工作者而設，透過各種在社群推廣健康的活動，宣揚及培養正向生活。

The LiFE CHOICE Programme is mainly designed for teenagers, parents, teachers and health workers. It aims at promoting and cultivating positive and healthy living through a number of social health promotion campaigns.

性健康教育工作坊

本會舉辦「性健康教育工作坊」，為高小至中學生提供性健康的預防教育，以提升學生的性健康知識及自我保護意識。工作坊除了講解有關愛滋病知識外，也包括性病知識、預防方法，以及毒品禍害等。

Sex Education Workshops

C.H.O.I.C.E. organizes sex education workshops for senior primary to secondary school students to provide them with preventive sex education and raise their sex knowledge and awareness for self-protection. The workshops also discuss about STIs/HIV knowledge, means of prevention and the adverse consequences of drug abuse.

服務研習計劃

本會與多間本地大專院校合作，推行「服務研習」計劃，為大專學生提供前線的實習體驗，讓他們走出校園，活用所學，親身了解社會現象，並以行動回應社會弱勢社群的需要。

Service Learning Programme

In collaboration with a number of local tertiary institutions, C.H.O.I.C.E. has launched the "Service Learning Programme" to provide tertiary students with frontline experiential learning, which allows them to explore social phenomena outside school, to apply what they have learnt in class and to respond to the needs of the socially disadvantaged.

專業人員培訓

本會重視與其他健康工作者的交流及經驗分享，曾多次獲邀在不同的講座或分享會中擔任講者，主要醫護人員及其他社會服務工作者講解性病、愛滋病和毒品的知識、相關個案的輔導技巧和理論，並分享前線服務的經驗。

Training for the Professionals

C.H.O.I.C.E. values exchange and experience sharing with other healthcare professionals. We were invited to a number of seminars and sharing sessions to be guest speakers and share with other healthcare professionals and social service workers about STIs, HIV and drug knowledge, case counselling skills and theories and frontline service experience.



其他服務 Other Services



珍珠社企

本會於2015年創立了一個讓服務使用者展現自我的平台 — 「珍珠社企」。「珍珠社企」邀請不同的服務使用者參與及製作不同的手工藝品及珍珠首飾，讓他們有機會發展新的工藝技能及發掘她們的興趣。

Pearl Project

C.H.O.I.C.E created a platform for its service users to showcase their talents. In 2015, we launched the "Pearl Project", a social enterprise that engages the service users to make different handicrafts and pearl accessories. Engaged in the Pearl Project, they also had the opportunity to develop their craft skills and to explore their interests.

義工訓練計劃

本會定期舉辦義工訓練工作坊，招募及培訓新義工，為他們提供不同的社區體驗，豐富他們的生活經驗，並培養正向的人生價值觀。

Volunteer Training Workshops

C.H.O.I.C.E. organizes "Volunteer Training Workshops" regularly to recruit and train new volunteers, provides them with different community experiences, enriches their lives and cultivates their positive life attitudes.

與本地及外地機構分享交流

本會一直與本港及外地的服務組織有緊密的聯繫及交流，除了參與香港愛滋病服務機構聯盟的定期交流會議外，也透過「獅子會紅絲帶學人計劃」，與內地、澳門等地的愛滋病預防工作者進行交流。

Local and Overseas Exchange

C.H.O.I.C.E. has been maintaining close relationships with local and overseas organisations in HIV prevention. We are one of the members of the Hong Kong Coalition of AIDS Service Organizations. Through the "Lions Red Ribbon Fellowship Scheme", we exchanged knowledge with HIV prevention specialists in mainland China and Macau.

此外，我們也積極參與本港少數族裔機構舉行的活動，如泰國新年慶祝活動等，讓本港的非華裔人士進一步了解愛滋病及性病，同時宣傳安全性行為等健康訊息，提高他們的預防意識。

We also participated in ethnic minorities' activities which are organised by other social service agencies serving non-Chinese community, such as the Thai New Year celebration. We hope to equip South Asians with HIV and STIs prevention knowledge, enhancing their awareness towards HIV and STIs and to promote the importance of safe sex practices.

愛滋病研討會2018 – 愛滋病預防及治療的新發展 HIV/AIDS Conference 2018 New Horizons in HIV/AIDS Prevention and Care

本會於2018年11月9日舉辦了第三屆的愛滋病學術研討會，我們邀請了9名本地及國際的愛滋病專家及前線醫護人員作為是次研討會的嘉賓，分享現今不同國家、地區在愛滋病預防及治療上的新發展。

是次研討會有近200名人士參加，當中包括關注愛滋病預防及治療上新發展的人士、非政府組織代表、醫護人員、公共衛生的前線工作人士及學生等。出席者反應熱烈，並積極提問及討論。他們普遍反映，此次研討會深化了對愛滋病預防及治療新進程的認識，收益匪淺。



On 9 November 2018, C.H.O.I.C.E. organized the third academic conference on the issue of HIV/AIDS prevention and treatment. We have assembled a panel of 9 local and international HIV/AIDS experts and frontline medical practitioners as guest speakers to share their views on the latest development of HIV prevention and treatment in different countries and regions.

We registered around 200 attendees for the conference, including people who are concerned with HIV prevention and the latest treatment development, representatives from non-governmental organizations, healthcare professionals, frontline practitioners from other public health institutions and students. Attendees showed proactive responses to speakers' presentations and raised various questions for further discussion. They generally considered that this conference enhanced their understanding towards the latest developments of HIV prevention and treatment.



財務撮要

Summary Financial Report

STATEMENT OF INCOME AND EXPENDITURE AND OTHER COMPREHENSIVE INCOME

YEAR ENDED 31 DECEMBER 2018

	Notes	2018 HK\$	2017 HK\$
INCOME			
Donation income		479,685	771,175
Charity sales		26,750	20,700
Bank interest income		888	78
Sundry income		9,220	120,739
Exchange gain		-	5
		516,543	912,697
PROJECT GRANTS		2,992,857	5,687,890
PROJECT EXPENDITURES		(3,479,530)	(4,298,800)
		(486,673)	1,389,090
		29,870	2,301,787
ADMINISTRATIVE EXPENDITURES			
Activity service fee		97,377	92,283
Bank charges		1,620	1,500
Bank overdraft interest		9	-
Building management fee		3,500	3,375
Center activities		855	171
Computer and accessory expenses		-	53,790
Electricity		1,651	9,779
Exchange loss		5	-
Insurance		3,892	8,480
Operating lease rental on land and buildings		231,600	224,800
Less: rental classified under project expenditures		(220,700)	(134,375)
Printing, postage and stationery		15,169	12,256
Repairs and maintenance		-	16,000
Salary		40	-
Sundry expenses		6,573	18,663
Travelling		-	193
		(141,591)	(306,915)
(DEFICIT) / SURPLUS FOR THE YEAR		(111,721)	1,994,872
OTHER COMPREHENSIVE INCOME		-	-
TOTAL COMPREHENSIVE (LOSS) / INCOME FOR THE YEAR		(111,721)	1,994,872

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2018

	2018 HK\$	2017 HK\$
CURRENT ASSETS		
Rental and other deposits	49,400	49,400
Prepayments	37,478	6,800
Cash and bank balances	7,471,917	5,726,484
	7,558,795	5,782,684
CURRENT LIABILITIES		
Receipts in advance	(842,646)	-
Accruals and other payables	(1,172,203)	(127,017)
	(2,014,849)	(127,017)
NET ASSETS	<u>5,543,946</u>	<u>5,655,667</u>
RESERVES		
Accumulated funds	<u>5,543,946</u>	<u>5,655,667</u>

Approved and authorised for issue by the Council on 20 September 2019

On behalf of the Council



WAN WAI YEE
VICE-CHAIRMAN



KAM KAI MAN, JOSEPH
TREASURER

STATEMENT OF CASH FLOWS**YEAR ENDED 31 DECEMBER 2018**

	2018 HK\$	2017 HK\$
CASH FLOWS FROM OPERATING ACTIVITIES		
(Deficit) / surplus from operations	(111,721)	1,994,872
Increase in rental and other deposits	-	(17,500)
Increase in prepayments	(30,678)	(6,800)
Increase in receipts in advance	842,646	-
Increase in accruals and other payables	1,045,186	29,407
Net cash generated from operating activities	1,745,433	1,999,979
CASH AND CASH EQUIVALENTS AT BEGINNING OF YEAR	5,726,484	3,726,505
CASH AND CASH EQUIVALENTS AT END OF YEAR	7,471,917	5,726,484
Analysis of cash and cash equivalents:		
Cash and bank balances	7,471,917	5,726,484

服務使用者留言 Messages from Service Users

義工 Avneet

By joining this volunteer program I am able to make good use of the knowledge I learnt in Health Management and Social care in real life. I learnt more about AIDS and HIV. This program also allow me to share my knowledge with others who may have low awareness on this illness. The target group of this program is ethnic minority so I was able to communicate with them comfortably which makes it easier. It was tiring that we have to stand under the sun while doing promotion on the street but it was worth it as it was meaningful. Besides I learnt proper ways to approach people so they would not feel uncomfortable or discriminated. However there are still some people who may ignore us which makes me feel disappointing. Still, with the support of the staff of this program who always guide me makes me feel encouraged when I face such situations. Therefore this was a rewarding experience for me.

實習學生 Maggie

The experience of practicum in C.H.O.I.C.E. has provided lots of chances to know more about STDs knowledge especially AIDS and HIV and other health-related issues. Out of curiosity on the field of the sex trade, I craved to work in C.H.O.I.C.E. I have learned a lot not only knowledge-based but also learn how to communicate, cooperate with others and keep trying on many things. Moreover, I get to know more about myself. Staff members are nice and willing to teach and provide assistance to me when I faced difficulties. Therefore C.H.O.I.C.E. is a good place for learning as well as practicing what I have learnt in college.

服務使用者 L先生

自己從來沒有想過會成為HIV感染者，尤記得看見測試結果的兩條紅線時，腦中一片空白，隨之而來是迷惘和絕望，還有很多很多的疑問.....

有HIV，仍然會有人願意和我在一起嗎？身邊的人會接納我還是疏遠我？我會成為孤獨一人嗎？我會變得醜陋嗎？.....太多太多的不安.....

感染已成事實，亦無法逃避，現在回想，我很感激那段徬徨時刻有再思的陪伴及支持。我知道，只要我需要，他們就不會讓我獨自面對這個病。

現在，我正努力學習怎樣健康地與「它」共同生活。

活動花絮 Activities Tidbits

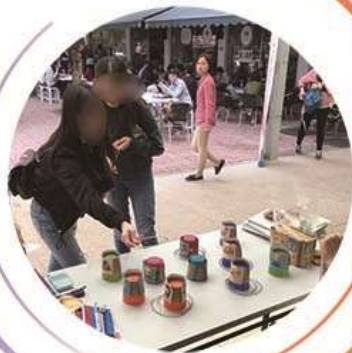


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鳴謝

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(排名不分先後)

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PM-HK-DLT-ADVT-190007
Date of preparation: 30/09/2019



BIKTARVY®
bictegravir 50mg/emtricitabine 200mg/
tenofovir alafenamide 25mg tablets

THE BEAUTY OF WHAT IS POSSIBLE

BIKTARVY® is a powerful STR that combines the **DESCOVY® (FTC/TAF)** backbone with bictegravir, a novel and unboosted INSTI^{1,2}

In 48-week Phase 3 clinical trials:

- **>90% efficacy† and 0 resistance^{1§1}**
- **Better tolerated than DTG-containing regimens³⁻⁶**
- **Small STR¹ with once-daily dosing¹**

† Non-inferior vs comparator in all registrational studies**.

* Significantly fewer all grade treatment-related AEs compared to DTG plus ABC/3TC or FTC/TAF (secondary endpoint)*.

†Emtricitabine 200 mg/tenofovir alafenamide 25 mg.

‡Efficacy defined as viral load <50 copies/mL in pooled data from treatment-naïve patients: 91% for BIKTARVY® (pooled) vs 93% (ABC/3TC/DTG) in Study 1489 (95% CI: -2.1 [-5.9-1.6]) and 93% (FTC/TAF + DTG) in Study 1490 (95% CI: -1.9 [-5.6-1.8]). In virologically-suppressed patients: 94% vs 95% (95% CI: -1.4 [-5.5-2.6]) in Study 1844 and 92% vs 89% (95% CI: 3.2 [-1.6-8.2]) in Study 1878, for BIKTARVY® vs comparator regimen.

§BIKTARVY® was assessed in four Phase 3, double-blind, randomised clinical trials: two in treatment-naïve adults (Study 1489 [BIKTARVY® vs ABC/3TC/DTG, n=629] and Study 1490 [BIKTARVY® vs DTG + FTC/TAF, n=645]) and two in virologically suppressed adults (Study 1844 [switching from DTG + ABC/3TC or ABC/3TC/DTG to BIKTARVY®, n=563] and Study 1878 [switching from ABC/3TC or FTC/TDF plus boosted ATV or DRV to BIKTARVY®, n=577]) through to Week 48.

§0 cases of treatment-emergent resistance in registrational trials at week 48^{1,§1}.

Study 1489 (vs ABC/3TC/DTG): 26% (82/314) vs 40% (127/315), p<0.001; Study 1490 (vs DTG + FTC/TAF + DTG): 18% (57/320) vs 26% (83/325), p=0.022; Study 1844 (vs ABC/3TC/DTG): 8% (23/282) vs 16% (44/281), p=0.006.

*Each BIKTARVY® tablet is approximately 15 mm x 8 mm.

3TC, lamivudine; ABC, abacavir; AEs, adverse events; ATV, atazanavir; CI, confidence interval; DRV, darunavir; DTG, dolutegravir; FTC, emtricitabine; INSTI, integrase strand transfer inhibitor; STR, single-tablet regimen; TAF, tenofovir alafenamide; TDF, tenofovir disoproxil fumarate.

References: 1. BIKTARVY® Hong Kong Prescribing Information (version: HK-JUL18-EU-JUN18). 2. Tsang M, Jones GS, Goldsmith J, et al. Antiviral activity of bictegravir (GS-9883), a novel potent HIV-1 integrase strand transfer inhibitor with an improved resistance profile. *Antimicrob Agents Chemother* 2016;60(12):7056-57. 3. Gallant J, Lazzarin A, Mills A, et al. Bictegravir, emtricitabine, and tenofovir alafenamide versus dolutegravir, abacavir, and lamivudine for initial treatment of HIV-1 infection (GS-US-380-1489): a double-blind, multicentre, phase 3, randomised controlled non-inferiority trial. *Lancet*. 2017;390(10107):2063-72. 4. Sax PE, Polesnak A, Montes ML, et al. Coformulated bictegravir, emtricitabine, and tenofovir alafenamide versus dolutegravir with emtricitabine and tenofovir alafenamide, for initial treatment of HIV-1 infection (GS-US-380-1489): a randomised, double-blind, multicentre, phase 3, non-inferiority trial. *The Lancet*. 2017;390(10107):2073-82. 5. Molina JM, Ward D, Brar L, et al. Switching to fixed-dose bictegravir, emtricitabine, and tenofovir alafenamide from dolutegravir plus abacavir and lamivudine in virologically suppressed adults with HIV-1: 48 week results of a randomised, double-blind, multicentre, active-controlled, phase 3, non-inferiority trial. *Lancet HIV*. 2018;5(7):e357-e365. 6. Gilead. Data on file BYY002. June 2018. 7. Daar E, DeJesus E, Ruane P, et al. Efficacy and safety of switching to fixed-dose bictegravir, emtricitabine, and tenofovir alafenamide from boosted protease inhibitor-based regimens in virologically suppressed adults with HIV-1: 48 week results of a randomised, open-label, multicentre, phase 3, non-inferiority trial. *Lancet HIV*. 2018;5(7):e347-e356.

BIKTARVY® Abbreviated Prescribing Information (Version: HK-JUL18-EU-JUN18)

Presentation: Each film-coated tablet contains bictegravir sodium equivalent to 50 mg of bictegravir, 200 mg of emtricitabine, and tenofovir alafenamide fumarate equivalent to 25 mg of tenofovir alafenamide. Purplish-brown, capsule-shaped, film-coated tablet debossed with "GS" on one side and "9883" on the other side of the tablet. Each tablet is approximately 15 mm x 8 mm. **Indications:** Biktary is indicated for the treatment of adults infected with human immunodeficiency virus-1 (HIV-1) without present or past evidence of viral resistance to the integrase inhibitor class, emtricitabine or tenofovir. **Dosage:** Adults: One tablet to be taken once daily with or without food. Elderly: No dose adjustment is required. Renal impairment: No dose adjustment for patients with estimated creatinine clearance (CrCl) ≥ 30 mL/min. Not recommended in patients with estimated CrCl below 30 mL/min. Hepatic impairment: No dose adjustment for patients with mild or moderate hepatic impairment (Child-Pugh-Turcotte [CPT] Class A or B). Not recommended in patients with severe hepatic impairment (CPT Class C). **Paediatric population:** The safety and efficacy in children and adolescents aged less than 18 years have not yet been established. **Contraindications:** Hypersensitivity to the active substances or to any of the excipients. Co-administration with rifampicin and St John's Wort (*Hypericum perforatum*). **Warnings and Precautions:** Patients co-infected with HIV and hepatitis B or C virus: Patients with chronic hepatitis B or C treated with antiretroviral therapy are at an increased risk for severe and potentially fatal hepatic adverse reactions. Discontinuation of Biktary therapy in patients co-infected with HIV and HBV may be associated with severe acute exacerbations of hepatitis. Patients co-infected with HIV and HBV who discontinue Biktary should be closely monitored with both clinical and laboratory follow-up for at least several months after stopping treatment. Liver disease: Patients with pre-existing liver dysfunction, including chronic active hepatitis, have an increased frequency of liver function abnormalities during combination antiretroviral therapy (CART) and should be monitored according to standard practice. If there is evidence of worsening liver disease in such patients, interruption or discontinuation of treatment must be considered. Weight and metabolic parameters: An increase in weight and in levels of blood lipids and glucose may occur during antiretroviral therapy. Lipid disorders should be managed as clinically appropriate. Mitochondrial dysfunction following exposure in utero: Nucleos(t)ide analogues may impact mitochondrial function to a variable degree. The findings do not affect current national recommendations to use antiretroviral therapy in pregnant women to prevent vertical transmission of HIV. Immune Reconstitution Syndrome: In HIV infected patients with severe immune deficiency at the time of institution of CART, an inflammatory reaction to asymptomatic or residual opportunistic pathogens may arise and cause serious clinical conditions, or aggravation of symptoms. Any inflammatory symptoms should be evaluated and treatment instituted when necessary. Autoimmune disorders have also been reported. Opportunistic infections: Patients should remain under close clinical observation by physicians experienced in the treatment of patients with HIV associated diseases. Osteonecrosis: Patients should be advised to seek medical advice if they experience joint aches and pain, joint stiffness or difficulty in movement. Nephrotoxicity: A potential risk of nephrotoxicity resulting from chronic exposure to low levels of tenofovir due to dosing with tenofovir alafenamide cannot be excluded. Co-administration of other medicinal products: Biktary should be administered at least 2 hours before, or with food 2 hours after antacids containing magnesium and/or aluminium. Biktary should be administered at least 2 hours before iron supplements, or taken together with food. Biktary should not be co-administered with other antiretroviral medicinal products. **Adverse reactions:** Most frequently reported adverse reactions were headache, diarrhoea and nausea. Please refer to full prescribing information for full list of adverse reactions. **Drug Interactions:** Interactions between Biktary and other medicinal products: St. John's wort, rifampicin, rifabutin, rifapentine, atazanavir, cobicistat, bictegravir, acyclovir, zalcitabine, carbamazepine, oxcarbazepine, phenobarbital, phenytoin, magnesium/aluminum-containing antacid suspension, ferrous fumarate, sucralfate, cidofovir, methadone and metformin. **Before prescribing, please consult full prescribing information which is available upon request.** Biktary and Descovy are registered trademarks of Gilead Sciences, Inc., or its related companies.



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